mySugr Companion 1.9

User's Manual 001

5. December 2013

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Introduction

What is mySugr Companion?

mySugr Companion is a charming, sometimes outspoken diabetes smartphone app.
The app allows you to record your blood sugar or other diabetes-related information digitally on your smartphone so you always have your data nearby.
You can record a lot more than just your blood sugar, such as the amount of insulin taken, physical activity, carbohydrates eaten, food description, and detailed notes. You can also add some contextual items such as your location, your mood, or if you're feeling sick or stressed for example. You can even upload photos of your meals.
Everyday life with diabetes is often stressful. It's full of hurdles and extra work. mySugr Companion helps make the demanding tasks of diabetes management a little bit easier and helps you better handle diabetes in general.
The app offers a powerful overview of your diabetes management metrics and also displays graphical representations of your blood glucose numbers. This allows powerful in-app analysis which you can adapt to your needs. The search function enables you to find logged data quickly and get an overview of how your blood sugar reacted to certain situations, activities, or meals. This powerful feature allows you to quickly access and consider those results when in similar situations, allowing you to adjust and optimize your therapy decisions accordingly.
mySugr Companion is a registered medical device. It is certified and has the CE marking (Medical Devices Directive 93/42/EEC) and is registered with the FDA. This device cannot be combined with other devices. Of course, you have to keep using your blood sugar meter, insulin pump, pens, etc. The use of this app is completely independent of other products and devices.

Who is mySugr Companion for and what is our goal?

mySugr Companion was tailor-made for people with diabetes who:

- are older than 18 years old
- are proficient with digital technology
- own one of the following Android devices: Samsung Galaxy S, S2, S3, S4, Google Nexus 3, Google Nexus 4, HTC One, HTC Desire C or Motorola Moto X
- can get online regularly with the Android device
- have an active account in the Google Play Store and know how to download apps
- own a credit card or are able to use another payment method accepted in the Google Play Store

mySugr Companion wants to make your daily diabetes management easier and optimize your overall diabetes therapy. But this is only possible if you take an active and intense role in your care, specifically around entering information into the app. In order to keep you motivated and interested, we've added some fun elements into mySugr Companion.

It’s important to enter as much information as possible and to be completely honest with yourself. This is the only way to benefit from recording your information. Entering false or corrupted data does not help you.

mySugr Companion key features:

- quick and easy data entry
- smart search
- convenient data analysis
- neat and clear graphs
- handy photo functions (multiple pics per entry)
- snappy reports (PDF, CSV, Excel)
- smile-inducing feedback
- fast multi-device sync
- registered medical device

Installation instructions for Android devices

It is important to familiarize yourself with general app installation instructions for your specific device, as the process is slightly different depending on the model. In general, the installation process will be similar to what is described below.

Tap on “Play Store” to access the Google Play Store. Tap the magnifying glass and search for “mySugr Companion”. Tap the mySugr Companion icon to view a detailed description. Tap the “Install” button, review and accept the app permissions, and the app will begin to download and install.

Uninstall

If you would like to remove mySugr Companion from your Android device, find the “Apps” item in your “Settings” menu. Look for “mySugr Companion” in the list and tap it. On the next screen, tap “Uninstall” and tap “Ok” when asked “Do you want to uninstall this app?”

Updates

Updates are released at irregular intervals, and usually only when our Monster programmers have some brilliant new features to share. When a new version of mySugr Companion is available you will receive a notification from the Google Play Store. Tap on the notification and you will be brought to the appropriate screen in the Google Play Store where you can download and install the update.

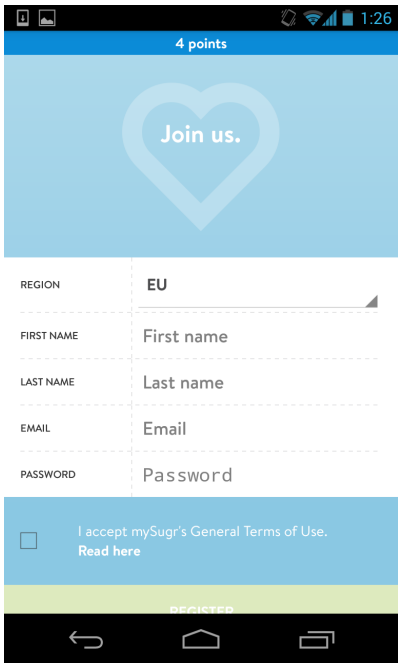
You can also enable “Auto-update apps” in your device settings to automatically update apps whenever an update is available.

Operation

Getting Started

Once you have the mySugr Companion app installed on your smartphone it's easy to get started. Just tap on the icon to launch the app (you would have never guessed that, right?).

Step 1: Create Account



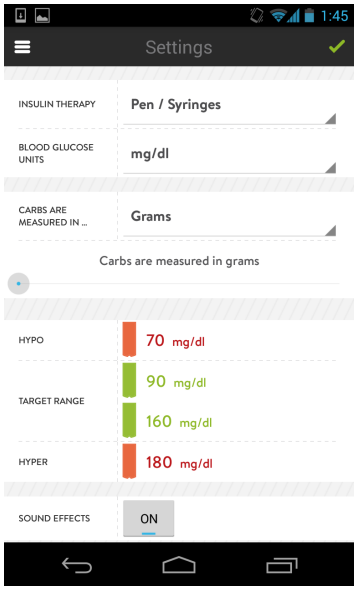
To use mySugr Companion you have to create an account. This is necessary in order to export your data later (see "Reports").

We'll need the following things in order to create an account for you:

- An e-mail address
- Your first and last name
- A password

Step 2: Therapy and app settings

Settings

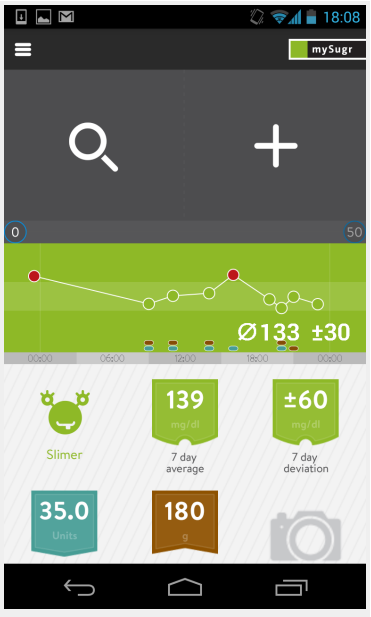


The “Settings” item in the side menu is where you’ll find all of the details for your personal diabetes management. Here you’ll set whether you use a pump, pens/syringes, or no insulin, whether you measure your blood sugar in mg/dl or mmol/l, and how you measure your carbs. You’ll also set your personal target ranges.

Sound Effects

Here you can set whether mySugr Companion makes any sounds. This includes the clicks and zings when pressing buttons and moving between fields, but also controls whether your diabetes monster makes any sounds.

Step 3: Get to know your dashboard



Let's spend some time getting to know your dashboard.
The two most commonly used features are the **Magnifying Glass**, used to search for entries, and the **Plus Sign**, used to make a new entry. Both are featured prominently at the very top of the screen and perfectly sized for your lancet-marked thumb.
Directly below is a **Progress Bar** that displays your current point total for the day. You get points for each action you take to care for yourself, and the goal is to fill that bar with points each and every day. It's important to note that we don't give more points for a "good" blood sugar than we do for a "bad" blood sugar (there is no bad blood sugar - it's all information). We give points for checking, logging, counting, taking your insulin, etc. There's no judging happening at mySugr! We know it's hard being a pancreas! Work hard to fill that bar everyday, and we think you'll notice some great improvements in your diabetes management.
Next up is the daily **Graph**. Here you'll see a visual representation of your blood glucose for the day. There are indicators for carbs and mealtime insulin along the bottom of the graph. On the right side you will see your average blood sugar and standard deviation. **Pro Tip:** tap on the graph for a shortcut to your logbook screen.

Under the graph you see tiles that contain:

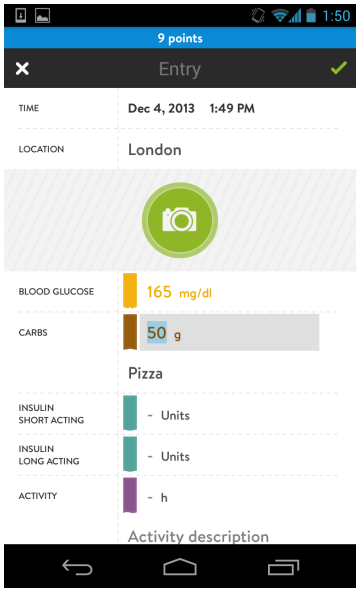
- blood glucose average for the last 7 days
- blood glucose deviation for the last 7 days
- bolus or mealtime insulin taken that day
- amount of carbohydrates eaten that day
- number of hypers and hypos for the last 7 days
- duration of activity for the last 7 days

You will also see a variety of these tiles, depending on your configuration:

- thumbnail of your last photo
- aaaaaand your diabetes monster

Step 4: New Entry

Make an entry



To make an entry tap on the **Plus Sign** from your dashboard or select “New Entry” from the side menu. The entry screen allows you to enter a lot of details. You decide what is important, but the more detail you enter, the more useful mySugr Companion becomes.

In the entry screen there are fields for:

- Date & Time
- Location
- Photo
- Blood glucose
- Carbs
- Bolus (pump) / Insulin Short Acting (pen/syringe)
- Temp. Basal (pump) / Insulin Long Acting (pen/syringe)
- Activity
- Notes
- Tags (sick, tired, correction, traveling, etc.)

Date / Time

The current date and time are automatically entered, but can be changed by tapping on the field and selecting the desired values. This is great if you have readings to enter at a later time.

Location

If you have allowed it in your smartphone preferences, mySugr Companion can update this field automatically based on your estimated GPS location. You can also enter a more friendly name such as home, gym, office, mySugr HQ, etc.

Photo

Food plays a big role in diabetes management. By taking pictures of your meals you can get a nice visual overview of your eating habits in the analysis screens. These pictures and corresponding blood sugar details can be very helpful in the future when faced with an unfamiliar meal or a meal where you're unsure of the carb count. All pizza is not created equal!

Blood glucose

Goes without saying. That's where you enter your blood sugar. No cheating!

Carbs

Here you enter the amount of carb exchanges or grams (depending on your setting) you are eating. You can also add a detailed description of your meal just below.

Bolus (pump) / Insulin Short Acting (pen/syringe)

Enter the amount of insulin injected or pumped.

Temp Basal (Pump)

In some situations your body needs more or less basal insulin. You can enter that here.

Insulin Long Acting (pen/syringe)

When you take your long acting insulin, enter the amount here.

Activity

Movement is always good. The more the better. Here you can record the duration of your activity. In the Activity Description field you can enter some notes describing your activity, eg. running, babysitting, raking leaves, herding kittens, etc.

Notes

Have something more to add? Here's the place to do it. Remember, you can search for any of these terms later, so add anything you think might come in handy.

Tags

These powerful little icons allow you to provide a lot of context to the data you are entering. You can describe your emotional state, what meal you just ate, whether you're sick, traveling, stressed, angry, etc. We know we haven't covered every situation, but we think we've given you a good start. These tags offer some powerful analysis and search options (see "Analysis menu" and "Search entries").

Save / Cancel

Once you've entered everything you want to enter, tap the green check mark in the upper right to save your information. If you'd like to cancel, tap the "x" in the upper left.

Earn Points

You get points for each action you take to care for yourself, and the goal is to fill that bar with points each and every day. It's important to note that we don't give more points for a "good" blood sugar than we do for a "bad" blood sugar (there is no bad blood sugar - it's all information). We give points for checking, logging, counting, taking your insulin, etc. There's no judging happening at mySugr! We know it's hard being a pancreas! Work hard to fill that bar everyday, and we think you'll notice some great improvements in your diabetes management.

In addition to the points listed below, we've built some fun "easter-egg" points into mySugr Companion. See if you can spot them!

Points and Scoring:

- Tag: 1 point
- Blood Glucose: 2 points
- Carbs: 2 points
- Photo: 3 points
- Description of Meal: 3 points
- Location: 2 points
- Bolus (pump) / Insulin Short Acting (pen/syringe): 2 points
- Temp Basal (pump) / Insulin Long Acting (pen/syringe): 3 points
- Activity: 3 points
- Activity Description: 3 points
- Notes: 3 points

Edit Entry

To change an entry, use the side menu to access your Logbook screen. Tap on the entry you'd like to change to bring up the entry detail view, then tap the pencil icon in the upper right. Make any changes you'd like, then tap the green check in the upper right to save the changes, or the "x" in the upper left to cancel and go back to the entry detail view.

Delete Entry

There are two ways to delete an entry. Both start by using the side menu to access your logbook screen. Tap on the entry you'd like to delete to bring up the entry detail view, then tap the pencil icon in the upper right. Scroll to the very bottom of the screen and tap on "Delete" to remove this entry from your records.

Or
From the Logbook screen, swipe from left to right (until you see the bar with the “x” turn red) on the entry you’d like to delete.
Caution: *your entry will be permanently deleted immediately. There is no undo, undelete, or “are you sure?” It is gone for good.*

Logbook Menu

Select “Logbook” from the side menu to access your Logbook screen. From here you can scroll up and down through your entries on the bottom part of the screen, or tap and drag the graph left and right to navigate.

Pro Tip: Dragging an entry from right to left will show you any notes entered and the first two tags (if any).

Tapping on an entry in the bottom part of the screen will bring up the detail entry view for the selected entry.

Analysis Menu

Select “Analysis” from the side menu to access the Analysis function. Here you’ll find an overview of your diabetes management arranged by month on the bottom and by the last 14 days, 7 days, and 24 hours on the top. You can tap into each section to see more details. You’ll see a graph that shows average blood glucose by day, then tiles just below that show:

- Average blood glucose for the selected time period
- Standard deviation for the selected time period
- Hypers and hypos for the selected time period
- Total carbs eaten for the selected time period (scary, right?)
- Total activity duration for the selected time period (go, you!)

Below the tiles you can see the tags that have been used and their frequency. Below that are any food pictures you’ve taken. The food pictures offer a really useful overview giving you or your caregiver an idea of your diet for the selected time period (is it diverse and colorful? Or bland and full of packages and labels? Some good insights can be gained by this. Did your average blood sugar for the month go up or down with a noticeable change in your food pictures, for example?

Search entries

Ah! One of the most powerful features of mySugr Companion! You access it from the magnifying glass

on the dashboard. This is how you make your diabetes data actionable! Make the effort you put into keeping all of those records actually work *for* you instead of being a pile of retrospective history and records.

An example is the best way to explain the search feature.

Search Example

Your friend, Scott, takes you to his favorite restaurant. You've been there before, but you don't go often enough to remember what you ordered or how you handled all of the diabetes details (carb estimate, insulin taken, and how your blood glucose did afterward). You do remember that you logged everything in mySugr Companion the last time you were there, including a note that you were having dinner with Scott.

You tap the magnifying glass, type in the name of the restaurant and the word "Scott", and you see the entry from a year ago (wow! Has it really been that long?). You tap on the entry and see what you ordered, how many carbs you estimated, how much insulin you took, and that your blood sugar ran high for hours and hours afterward.

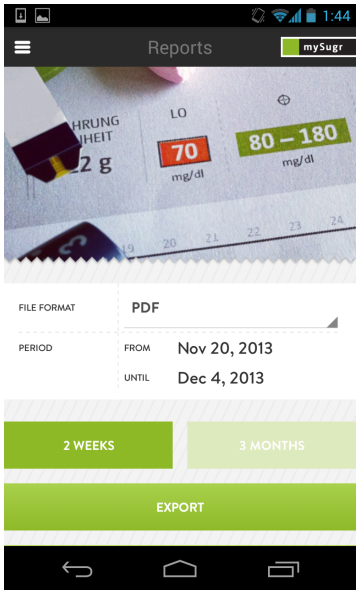
With that information you are able to make some different decisions. Either to order something different, make a different carb estimation, and/or do something different with your insulin dose.

That's powerful stuff!

Let's crank it up a notch! You and Scott start having lunch more often at that same restaurant. After a few visits you now have a searchable library of meals. More importantly, you can see your reaction to each of those meals, which helps you make different decisions - proactively.

You can search for any piece of information: Text, Tag, Location, etc.

Reports (PDF & CSV, MS Excel)



Select “Reports” from the side menu.

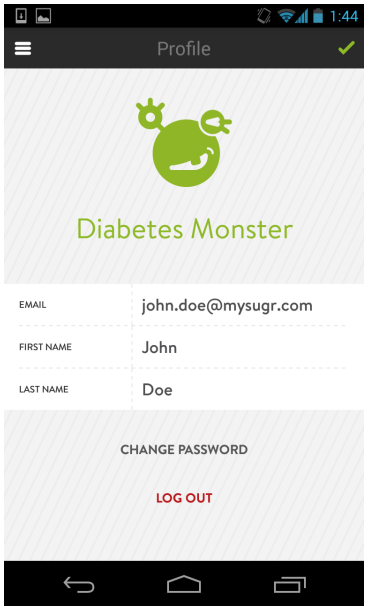
Report Formats

PDF - Clear and simple, these reports are perfect for your doctor visit. Export and print or e-mail the report just before your visit.
CSV - This standard data format can be opened with many spreadsheet programs (Microsoft Excel, Google Docs) and is also a common format for data backup.
MS Excel - This format is for serious number crunchers who like to play with spreadsheets and make their own charts/graphs. It’s cool - we won’t slow you down!

Send / Export

The options available after tapping send or export will vary greatly depending on what apps you have installed on your device. For example, to view a PDF formatted report on your device, you will need a PDF viewer installed on your device. Similarly, to send a report via email you must have an email account configured on your device.

Profile



In the side menu under “Profile” you can access information about your account.

Change name / email address / monster name

Name (or rename) your monster by tapping on the name, change your email address or any other personal details here.

Change Password

Want to change your password? Tap here and we’ll send you instructions via email on what to do next.

Explanation of terms, icons and colors

Dashboard

There are a number of elements on the dashboard that actively react to your glucose levels. The graph background and diabetes monster change color with your average blood glucose for the day, and the tile for your blood glucose average for the past 7 days changes colors as that value changes. The colors are described below (see "Colors"), and the values at which they change are taken from your target range in the Settings section of the side menu.

Side Menu

The side menu is where you navigate from screen to screen within mySugr Companion. It contains a text description of each screen along with a small icon.

Tags

Each tag in the new entry (see "New entry") screen describes a situation, scenario, some context, a mood, or an emotion. There is a text description of each tag directly below each graphical icon. When a tag is selected it changes from dark gray to bright green and changes shape, therefore making it easy to determine if it is selected or not. You can toggle a tag selection on and off as desired.

Colors

The colors used in the variable areas of mySugr Companion (see "Dashboard") are as described below, based on target ranges provided by the user in the settings screen (see "Settings").

- **Red**: Blood glucose not in target range (high)
- **Green**: Blood glucose in target range
- **Orange**: Blood glucose is not great, but not mega mega high

Warnings

mySugr Companion cannot be used everywhere

mySugr Companion can generally be used anywhere it is possible to use a smartphone. There's a clear advantage in that you can enter and access your diabetes data almost anywhere and almost immediately. However, there are some exceptions.
mySugr Companion may not be used in places where the use of a mobile phone is prohibited. These places may include, but are not limited to, for example, certain areas in hospitals, in an aircraft, in a car if you are driving, and wherever else the use of a smartphone is prohibited or advised against.

Limited Use

mySugr Companion should not be used by persons who, due to lack of mental capacity, lack of technical understanding, or lack of medical understanding, are not able to properly manage or treat diabetes, or who generally have difficulty with the operation of a smartphone.

mySugr Companion does not replace a visit to your doctor

mySugr Companion is a registered medical device and is used to support the treatment of diabetes. But the app cannot replace a visit to your doctor nor a regular review of the long-term blood glucose value (HbA1c). You must continue to independently manage your blood sugar. mySugr Companion does not assume nor manage the independent release of insulin. In addition, mySugr Companion is not synchronized with blood glucose meters.

Troubleshooting / Support

If you have questions about mySugr Companion, need help with the app, or have noticed a mistake or problem, please contact us immediately at support@mysugr.com, or by telephone at +1 (855) 337-7847 (US toll-free), +44 800-011-9897 (UK toll-free), or +43 720 884555 (Austria).

Data Security

Your data is safe with us - this is very important to us (we're users of mySugr Companion, too).
mySugr Companion is a registered medical device. It is certified, carries the CE marking (Medical Devices Directive 93/42/EEC) and is registered with the FDA. As such, it is required to meet the highest of data security and reliability standards. All medical data is stored exclusively on Amazon sourced servers based in Europe and the United States.

About the manufacturer

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Jurisdiction: Commercial Court of Vienna, Austria
UID-Number: ATU67061939

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